

7 Tips to Lose Body Fat at Home

Who said you need a gym to get fit? These tried-and-true tips can help you lose fat at home. Many studies have disproven spot-reduction techniques, such as abdominal exercises or upper-body resistance training. When we exercise, fat cells from all over our body break down. Exercise and diet may lead to a whole-body trimmed physique and only 15 minutes of exercise daily can benefit you greatly.

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GET YOUR STEPS IN

Walking is an ideal workout to do outside the gym. You can do it around the neighborhood or at a park. On good weather days, you can also get some much-needed fresh air. Plus, it's free and you can take your dog with you if you have one, pets need exercise, too!

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Walking is also a body fat buster. One study found that healthy postmenopausal women lost 3.9% of body fat after 30 weeks of walking and 1.8% after 15 weeks of walking. While we can't target specific areas, walking can help lose belly fat.

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Moreover, 30 minutes of walking most days of the week showed a significant reduction in body weight and body fat percentage. The study even found that 30 minutes of walking may be as beneficial as 60 minutes (with a healthy diet).

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TRY INTERMITTENT FASTING

One diet trend that has risen in popularity over the years is intermittent fasting. As the name suggests, this is where people fast for a certain time, and then eat at other scheduled times.

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One study review found that subjects who fasted intermittently had weight loss ranging from 0.8% to 13%. The idea is to force the body to use up its immediately accessible sugar stores and start burning fat.

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A perk of intermittent fasting is that you can customize it to your preference and ability to abstain from food. In addition, fasting can last for a certain number of hours every day or even just eating one meal per day for two days out of the week.

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Before trying intermittent fasting, consult with your doctor to ensure you follow the best plan for you and your goals. Always keep health and safety as your priority.

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LIFT HEAVIER WEIGHTS

This point might seem counterintuitive since we just covered how you can not burn fat in one specific region, no matter how many stomachs crunches you do.

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Although, you can balance weight training to target multiple muscle groups or work on certain body parts as part of a whole-body workout. That may give you more balance and a lean appearance and help with body composition.

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Weight training can also help lose fat while building muscle. Studies show that 3 pounds of lean muscle weight gain corresponded to 4 pounds of fat weight loss. Resistance training reduces body fat percentage, body fat mass, and visceral fat (the fat that surrounds your organs).

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However, resistance training, be it with weights or bodyweight exercises like pushups, is recommended for at least two days a week. So it can be a fairly easy exercise to fit into your schedule.

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